

Your Fitness Go Bag

Make no mistake, from the popular Wolfpak Backpack to the Cobra Grips Backpack Duffel to the Adidas Defender to the Focus Gear Ultimate Gym Bag to many other gym bags that are on the market, your gym bag is essential to your lifestyle. What to store in your bag can vary depending on the type of workouts you do and where you do them. You want something that's the right size for you to carry but still fits your gear, durable, and easy to maintain and keep clean. If you go to the gym daily, packing your bag is as routine as brushing your teeth. You might even keep your bag pre-packed so you can just grab it and go! Keeping an extra bag in your car can help you avoid those times when you forget one of the essential items. Have you ever gotten to the gym and realized you left your shoes by the door? Or maybe you're traveling for work or on a vacation but you still plan to exercise in your room or outdoors. What do you need to consider beyond the essentials? Obviously, each of us have our own gym bag style but we've put together a list of items to carry in it, so you can get that workout in no matter what.

1. GYM SHOES

Workout specific to the type of activity you'll be doing, such as weight training, tennis, hiking, golf etc...

Pro Tip: Always pack your shoes first when assembling your gym bag.

2. WORKOUT CLOTHES

For the typical gym workout, some essential workout clothes to pack may include:

- Clean underwear and/or sports bra
- Fresh pair of gym socks
- Headgear (e.g., headband, hair tie or clip, or a cap)
- Workout top and bottoms (shorts, sweatpants, or leggings)
- Dry pouch for sweat-riddled apparel

Pro Tip: Remember to clean out your bag and let things dry or replace items that have been used. As you re-pack, an easy way to remember what you've packed is to make a small list as you go and pin it to your bag.

3. GYM TOWEL

Good to have because it's both hygienic and good gym etiquette. Cotton, microfiber, or cooling towels are some of the best types to consider

4. REUSABLE WATER BOTTLE

Stay hydrated, keep a bottle of water close by during your workout. We recommend using a reusable water bottle as they are better for the environment and keep your water colder for longer.

5. GYM LOCK

While some gyms have self-locking combination lockers, others require you bring your own. You can always call ahead to see what policies a gym has for visitors.

6. HAND SANITIZER

7. DAY PASS OR MEMBERSHIP CARD

Most gyms have a day pass that allows you to come in for a one day, so make sure you have a method to pay for it. If you belong to a big-chain gym make sure you either bring your membership card or key fob and keep it clipped to your gym bag or in your gym bag pocket.

Additional items that are not necessities, but are definitely nice to have.

1. Tunes and Earbuds

If your earbuds are blue tooth, don't forget to charge your earbuds and make sure that your device has enough battery life to last for your workout.

Pro Tip - Make sure your earbuds are sweat resistant and you have a way to keep your device secure.

2. Smart Watch or Heart Rate Monitor

A heart rate monitor is not necessary for working out, but it can be nice to have and is especially useful for performance training. Wrist-band style heart rate monitors are easy to wear and come in wide ranging prices.

3. Snack

A healthy snack or protein shake can help you heal, recharge and replenish after a tough workout. Nuts, peanut butter, and fruit to keep your blood sugar in check and help speed up the healing process are a couple of items that are easy to carry. Some gyms have microwaves or refrigerators available for their members to use.





ACCESSORY ITEMS

Depending on the type of workout you are doing, you'll need to make sure you have the accessory items you need. Here is an example for just a few sports:

Boxing - Shin guards, hand wraps, jump rope and multiple pairs of boxing gloves i.e. lightweight gloves, 10- or 12-ounce mitt for bag work, and a 16-ounce pair of gloves for sparring, and mouthguard

CrossFit - Jump rope, resistance bands, lifting belt, knee sleeves, lifting straps, wrist straps, tape & grips.

Cycling - Gloves, helmet, bike repair kit

Day Hiking - Day pack with first aid kit, whistle, small knife, chapstick, sunscreen

Golf - Clubs, tees, divot tool, headgear, hat/ visor

Swimming - Swimsuit, swim cap, and goggles, towel

Tennis, Pickleball, Racquetball - Racquet, balls, protective eyewear, grips, wristbands

Weight Training - A lifting belt, lifting straps, knee wraps, and lifting gloves.

Yoga - Yoga mat, yoga blocks, strap

Pro Tip: Packing a different bag for each different type of workout you do will help you make sure you don't experience an "Oh no!" moment.

IF YOU'LL BE SHOWERING AT THE GYM AFTER YOUR WORKOUT THEN YOU'LL WANT TO INCLUDE A TOILETRY BAG WITH SHOWER ESSENTIALS.

- Antifungal spray or ointment
- Bath towel
- Blowdryer
- Body and face moisturizer
- Comb or hairbrush
- Cleansing wipes
- Deodorant
- Fresh change of clothes
- Makeup and remover
- Menstrual products (tampons, pads, menstrual cups)
- Shampoo and conditioner - dry shampoo is an easy alternative
- Shower sandals or flip-flops
- Soap or body wash
- Spare contact lenses and solution
- Washcloth or scrubber

TRAVEL

Sometimes travel schedules just don't allow time for you to get to a gym and to get your workout in. You may need to do it in your airbnb room, hotel room, or the hotel fitness room. If you'll be getting in your workouts while you're on the road, whether by car or plane, these items pack easily and don't take up a lot of space to ensure you can get your workout in anywhere, anytime; TRX suspension unit, exer-tubing resistance bands, and booty bands. If driving, additional items may include foam roller, lightweight dumbbells, fitness ball, fitness or yoga mat, jump rope and ankle weights. Finally, the Theragun Mini is one of the best fitness tools to take when you are on the go. If you travel frequently, having a gym pack just for travel can set you up for a no excuses workout that will keep you feeling good and looking good!

SO WHAT'S RIGHT FOR YOU?

When it comes to packing for the gym, it's all about keeping it simple, however, you still want to have the fitness accessories, devices and equipment all designed to help you get the most out of every workout. Discovering you forgot something you need for your workout can go from a mild inconvenience, like forgetting your hair tie, to your workout ending before it ever starts by forgetting your gym shoes or towel for a shower before work. Some may prefer a minimalist approach, while others may feel the need to plan their gym bag for success. Ask yourself, what do you use routinely? What items do you need for convenience versus what items do you only need for specific training days. Finally, ask yourself what is the most efficient way for you to pack your bag (night before, 1st thing in the morning) and don't be afraid to change as your fitness journey evolves.

